

# exposure

## Edna Stone Named Secretary of the Year



Dr. Ramiro Martinez congratulates Edna Stone on being named East Mississippi State Hospital's secretary of the year.

East Mississippi State Hospital administration recognized the hospital's secretarial/clerical staff at the annual luncheon held on Professional Secretary's Day. More than one hundred people attended the activity held in the Recreation Hall. In addition to treating their clerical staff members for lunch, many "bosses" also served the meal and worked on the clean up crew. The meal was prepared by the EMSH Food Service Department. The event was coordinated by the 1999 secretary of the year, Ruby Mosley.

The highlight of the luncheon was the naming of Edna Stone as secretary of year. She was nominated by her supervisors, Ray Gullette and Dr. Pamela Rochester.

Stone began her employment at EMSH

in July of 1987, in Continuing Care Services and transferred to Staff Development in April 18, 1994. She provides technical and administrative support to members of the Staff Development Department including computer data entry, correspondence, document preparation, and receptionist duties. Her supervisors say that she is always willing to take on additional responsibilities for the good of the department.

Stone is the mother of two children and has two grandchildren. She enjoys gardening, tending her animals and visiting the elderly.

Dr. Ramiro Martinez, EMSH Director, presented Stone with a plaque and a \$100.00 cash award provided by EMSH Friends Organization.

## EMSH Patients Enjoy Horticultural Program

By Glenda Slay, Horticulturist, Patient Activities Department

The ultimate goal of a horticultural therapy program is the improved physical and mental health of the individual. Benefits may be seen in four areas - intellectual, social, emotional and physical development.

Although a relatively new program at EMSH, benefits are already being seen. The patients, particularly the adolescents, work extremely hard to grow and maintain their plants. The excitement on the faces of the patients when they see a seed sprout and the plant develop makes all the hard work worthwhile.

Once you've seen the look of delight on the face of someone who until that moment has never had the opportunity to grow a plant, you're hooked. It reaches the depths of your soul. You realize that the joy you feel when you have grown a beautiful plant can be passed on to others.

Horticulture is not a new therapeutic tool. Before psychiatry became a science, work in a garden was prescribed as a curative for ills of the mind and nervous system. In 1768, Benjamin Rush maintained that digging in the soil had a curative effect on the mentally ill, and by 1806, hospitals in Spain were emphasizing the benefits of agricultural and horticultural activities to the mentally ill. Today centers throughout the country are using horticulture for educational, therapeutic and recreational purposes.

We would like to express our sincere appreciation for EMSH staff's support of our new horticultural program by making purchases at our recent plant sale. The money collected from the sale will be used to replenish our supplies for the program. We look forward to a busy and exiting year and your continued support and encouragement are appreciated.



EMSH horticulturists, John Massey and Glenda Slay, show Lura McDonald (center) the plants available at the plant sale sponsored by the Patient Activities Department.

# DIRECTOR'S MESSAGE

By Dr. Ramiro Martinez, ESMH Director

We all come to work every day and do our job. We work hard and do our best; however, sometimes we don't stop to think what we do means to our patients and their families. I recently received a letter from a mother telling me what a blessing this hospital was for her son. The patient was a young man on the Adolescent Unit. I would like to share some of the remarks from this letter with you.

"We want to express our sincere gratitude for the help that he received while there. Since his discharge, he has been doing very well and everything is so much better for our whole family. He said that he is happy now. This is a remarkable change for him. Before treatment, he was depressed and sad most of the time. He didn't have a good outlook on life, But now his attitude is great. He has new interests and new friends."

"... the staff that worked on the unit were always there to help him. There were several that went far beyond the call of duty."

The letter went on to name several staff members on the unit who had been particularly helpful during his hospitalization and one that she described as being "a blessing from God." I commend those members of the Adolescent Unit and employees in other units that give their best every day to make sure that our patients receive not only good medical care but are also treated with dignity and compassion. I challenge all of you to continue to do your best to make sure our patients and their families come away from our hospital with a positive experience.

Thank you for your continued dedication.

Editor's note: The letter referred to in the article is posted on the Adolescent Unit.

  
**eastern exposure**

East Mississippi State Hospital

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This newsletter is published for employees and individuals interested in mental health and East Mississippi State Hospital.

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EMSH strives to provide a continuum of behavioral health and long term care services for adults and adolescents in a caring, compassionate environment in which ethical principles guide decision making and resources are used responsibly and creatively.

## Doctor's Day Celebrated

East Mississippi State Hospital's medical staff was recognized at a luncheon in celebration of Doctor's Day. The seafood meal was prepared by ESMH Dietary staff and served in the Ole Timers' room of the hospital cafeteria.

Former ESMH Director and present Mississippi Department of Mental Health Board member, Dr. Reginald P. White was the special guest for the activity. Roger McMurtry, Bureau Chief, Department of Mental Health offered words of appreciation to the ESMH medical staff for their dedicated service to ESMH and to Dr. White for his continued leadership in the mental health field.

"We have an excellent medical staff here taking care of the needs of the patients entrusted to the care of this facility. You have excellent leadership. I commend you all for your dedication and encourage you to continue to provide the quality of care that you have become known for," McMurtry said.



PICTURED AT THE DOCTOR'S DAY LUNCHEON ARE (SEATED FROM LEFT) DR. REGINALD P. WHITE, MISSISSIPPI DEPARTMENT OF MENTAL HEALTH BOARD MEMBER; ROGER MCMURTRY, BUREAU CHIEF, DMH; (STANDING FROM LEFT) DR. LUIS BORRELL, ESMH ASSISTANT CLINICAL DIRECTOR; DR. WILLIAM DUDLEY, ESMH STAFF PSYCHIATRIST; AND DR. RAMIRO MARTINEZ, ESMH DIRECTOR.

## Honor the flag

*Honoring the flag has its own etiquette.*

### HERE'S WHAT YOU SHOULD DO.

When *The Star-Spangled Banner* is being played, you should stand at attention, face the flag and put your right hand over your heart.

- A man not in uniform should remove his hat or cap with his right hand and hold it at his left shoulder, placing his hand over his heart.
- Persons in uniform should render the military salute at the first note of the anthem and hold it until the last note.
- When the flag is not displayed but the anthem is played, everyone present should face the music and act in the same manner they would if the flag were there.
- People should follow the same procedures when they're saying the Pledge of Allegiance.
- During a ceremony when the flag is being hoisted or lowered or passing in a parade or in review, all persons except those in uniform should face the flag and stand with the right hand over the heart.
- Those in uniform should render the military salute.
- If not in uniform, a man should remove his hat or cap with his right hand and hold it at his left shoulder, placing his hand over his heart.

# Retirees honored at Receptions

East Mississippi State Hospital recognized four longtime employees with receptions in honor of their retirement. Christine Walden and Roosevelt Nicholson were feted on February 15, by friends, family members and co-workers.

Roosevelt Nicholson began work at EMSH on August 1979, and retired December 31, 1999. He worked as a direct care worker in the Division of Community Services. Doris Culberson began her career at EMSH on October 1, 1982, and retired December 31, 1999. She worked as a housekeeping aide in the Reginald P. White 303 Nursing Facility. Also retiring but unable to attend the reception was Christine Walden from Dietary Services with 25 years of service.

A second reception was held on April 13, in the hospital cafeteria recognizing Vettys Roland and Mary Bonner. Vettys Roland began work at EMSH on September 4, 1984, and retired on July 22, 1999. She worked as a direct care supervisor in the Community Services Division. Mary Bonner came to work at EMSH on January



**ROOSEVELT NICHOLSON AND DORIS CULBERSON (FAR RIGHT) STAND WITH PAT SHARP, ASSISTANT HOSPITAL DIRECTOR, AT THE RETIREMENT RECEPTION IN THEIR HONOR.**

4, 1988, and retired as a secretary principal in the R.P. White 303 Nursing Facility on April 30, 2000.

Dr. Ramiro Martinez, EMSH Director, presented each retiree with a plaque and offered words of appreciation on behalf of the hospital. The retirees were also presented honorary memberships to the EMSH Friends Organization. The awards and receptions were sponsored by the Friends Organization.

**RIGHT PHOTO, (FROM LEFT) EMSH RETIREES MARY BONNER AND VETTYS ROLAND STAND TOGETHER AT THEIR RETIREMENT RECEPTION.**



## FRIENDS UPDATE

The EMSH Friends Organization celebrated May as National Mental Health Month by sponsoring several activities for the patients and staff of EMSH. During the month our organization provided pizza for patients and employees on all shifts and refreshments at a street dance for all patients and staff to enjoy. Also during the month of May we observed National Hospital Week, Nurse Appreciation Week, and Nursing Home Week by sponsoring cookouts and other activities in these divisions to show EMSH employees how much our organization appreciates their fine work and dedication. The Friends Organization was also pleased to make donations toward the recognition of our medical staff during Doctors' Day and our

clerical staff during National Secretaries Week.

We hope to move forward soon with plans of building a walking trail for our staff and patients to enjoy. We are presently working toward getting specifications together and securing bids for work to begin on this project.

Unfortunately, our annual shoe sale fund-raiser scheduled for July has been cancelled. We were notified in May that the company will no longer be conducting trunk sales but were moving toward internet sales. However, we have scheduled a leather and sports wear sale for July 24 and 25. The company will offer name brand sports wear and small leather items such as Bible covers, wallets, purses,

agendas, cell phone covers as well as coats and jackets. Payroll deduction will be available for this sale.

Due to your input, we have also scheduled a second book fair for the fall that will be held in the Staff Development Classroom on September 25-26. Our last sale of the year, the annual jewelry sale, will be held in the Recreation Hall on November 7-8. We appreciate your support of our sales in the past and invite you all to come and patronize our future sales. As always, we would like to hear input from you on our fund-raisers and any other idea you may have that will make our organization stronger.

Winn Umphlett, President  
EMSH Friends Organization

# 186th Air Refueling Wing Donates Computers to School

The 186th Air Refueling Wing, Mississippi Air National Guard of Meridian recently donated twenty computers and related equipment to East Mississippi State Hospital's Magnolia Grove School. EMSH's Computer Services staff formatted the hard drives and loaded Windows '98 Operating System and Corel Office Suite on the computers.

The donation came about because of the Wing's purchase of new computers and their policy of donating their used equipment to an accredited school. Dr. Sharon Eads, Director of the Adolescent Services said that the computers will be valuable additions to the classrooms.

"The computers will be used to expand services in the special education classroom and further enhance our career development class," Eads stated.



**ABOVE: (FROM LEFT) PHIL JENKINS, COMPUTERS SERVICES; DR. SHARON EADS, ADOLESCENT UNIT DIRECTOR; AND LINDA ANDERSON, ACTING MGS. ADMINISTRATOR, LOOK OVER THE COMPUTERS AND SOFTWARE DONATED TO EAST MISSISSIPPI STATE HOSPITAL BY THE AIR NATIONAL GUARD'S 186TH AIR REFUELING WING.**

## ANNIVERSARIES

### MARCH, APRIL, MAY, JUNE

- 5 YEARS: Linda Anderson, Brian Avery, Reginald Bates, Jo Ann Carlee, Jerry Edwards, Mary Harper, Shirley Inge, Ollie Johnston, Emma Key, Angela Malone, Jerry McKenzie, Angela Scott, and Marshall Willis.
- 10 YEARS: Gayle Barnes, JoAnn Cole, Sandra Doerner, Shannon Griffin, Kim Hicks, Janette King, Barbara Larrabee, Wanda Miles, Emmerll Rackley, Sonja Robinson, Pat Salanguit, Joseph Scarbrough, Pamela Scribner, Linda Smith, Helen Vance, Edna Ward, Sara White, Laverne Williams, Randell Wilson, and Brenda Winick.
- 15 YEARS: Mary Beaty, Sheila Bennett, Johnson Burge, Jane Cockrell, Lorene Hersey, Breanda Jefcoat, and Michael Mizell.
- 20 YEARS: Odessa Bowen, Dorothy Holloway, Mildred Jones, and Dr. Hermogenes Thomas.
- 25 YEARS: Christine Brown, Janice Egger, Patsy Hancock, Helen Harrison, and Martha Turbville.

## Quote:

"You must learn from the mistakes of others. You can't possibly live long enough to make them all yourself. ~ Sam Levenson

# Maggie Chisolm Named EMSH Employee of the Quarter

Maggie Chisolm was named East Mississippi State Hospital's "Employee of the Quarter" at the monthly employee



**MAGGIE CHISOLM**

breakfast meeting. Employed by the hospital since November 1985, she works on Continuing Care Unit as a direct care worker.

Chisolm is responsible for taking care of the patients' personal needs such as

baths, clean linen, meals, and snacks, etc. She works well with her peers and keeps the nurses informed about the needs of her patients. Chisolm always puts her patients' needs first and is willing to take on any additional tasks that will benefit the patients in her charge. She also makes unit rounds and assists with recreational activities.

For receiving the honor, Chisolm was presented with a \$100.00 check provided by the East Mississippi State Hospital Friends Organization. She was nominated for the award by Edward Yeatman, RN.

## Congratulations

- Dr. Edmond Crane on being selected as the Mississippi Department of Mental Health Board Chairman.
- Mr. George Harrison on being selected as MDMH Board Vice-Chairman.
- Dr. Pamela Rochester on receiving a degree of Doctor of Philosophy from Mississippi State University.
- Ollie Burkes, Counselor on Alcohol and Drug Services on winning two gold medals in weight-lifting at the 2000 State Games of Mississippi for the sixth consecutive year.

# The Mentally Ill in America

BY WILLIAM DUDLEY, MD.

STAFF PSYCHIATRIST

*Editor's note: This is the first article in an eight part series.*

*There was no place for them in the beginning, in the earliest days ...*

Before the colonies became the United States, there were a few teeming coastal cities. Outside these cities, Americans lived in small settlements, widely separated.

From a settlement, a disturbed mentally sick person was sometimes exiled into the surrounding wilderness. Such a person either perished or made his way to another settlement, only to be refused admittance or exiled again.

In the cities, where some people lived in sizable houses, the afflicted individual might be kept at home, sometimes locked in the attic or in a back room.

Other unfortunates were farmed out to foster homes, where for money, they were cared for and more often than not abused. As jails and work houses (a variant of jail) became available, lunatics, as they were called then, increasingly were housed in the jails, typically in dehumanizing conditions.

During one phase of unbridled theocracy in New England, certain

women were tried and executed as witches. From surviving accounts, it appears likely that at least some of these were delusional schizophrenics.

As time passed, neglect and other kinds of abuse became more flagrant and more visible and outrages to the public. Advocates arose for the mentally ill. One of the first was Benjamin Franklin. In the mid 1700's, the first general medical hospital, the Pennsylvania Hospital, was established under his leadership. In 1756, the first group of mental patients were admitted to its basement.

There was no psychiatric medicine and no electroshock treatment. Faith was placed in work to restore mental health. Violent patients were restrained by

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various combinations of handcuffs, ankle irons and straitjackets. On Sundays, the hospital put these patients on exhibit for anybody who would pay an admission fee.

Meanwhile, in 1773, the first American asylum exclusively for the

mentally ill had been established in Williamsburg, Virginia. The treatment was benign and humanitarian. Considerable use was made of agricultural work and recreational programs, mainly music and reading.

So by the end of the 1700's, the mentally ill in America appeared to be at the dawn of some better times.

*I shall recount further developments in my next few columns. ~ WD*

## National Volunteer Week Celebrated

EMSH celebrated National Volunteer Week by hosting a Volunteer Recognition ceremony on April 12, 2000, in the Recreation Hall. The theme for this year's ceremony was "Volunteers Give From the Heart." The ceremony was attended by approximately 70 volunteers representing the Foster Grandparents Program, Retired Senior Volunteer Program, local schools, many churches, civic organizations and individual volunteers. Refreshments were provided by EMSH friends Organization through the Hospital Dietary Department.

Dr. Ramiro Martinez, Hospital Director, welcomed the guests to the hospital. Entertainment was provided by Wanda Clark, secretary of EMSH Pastoral Services. Serving as keynote speaker for the event was Terrence Roberts, Campaign Director of Lauderdale County United Way.

Volunteers provided an average of 11,503 service hours over the last year. Volunteer participation is especially high during the Christmas season. They provide services such as parties and special entertainment for the patients/residents/clients. Lynn Garrett, Volunteer Services Coordinator presented each volunteer with a certificate of appreciation.

## Mental Health Notes INSTRUCTIONS FOR LIFE

1. Never laugh at anyone's dreams.
2. When you lose, don't lose the lesson.
3. Spend some time alone.
4. Remember that silence is sometimes the best answer.
5. Read between the lines.
6. Never interrupt when being flattered.
7. Remember that not getting what you want is sometimes a stroke of luck.
8. Judge your success by what you had to give up in order to get it.
9. Remember that your character is your destiny.
10. Be gentle with the earth.

## EMSH Recognized by United Way Officials

East Mississippi State Hospital received two awards at the United Way of Lauderdale County annual meeting and thank-you reception held recently at Mt. Olive Baptist Church Family Life Center. EMSH received an award for having one of the top fifteen campaigns for 1999, ranking eighth among the fifteen. The hospital was also recognized for having a significant employee increase (10% or more) during this past year's campaign. EMSH saw an increase in giving from \$11,453.00 in 1998, to \$17,412.00 in 1999.

As a whole the Lauderdale County campaign raised more than \$735,000 dollars to be distributed between eighteen participating agencies, including EMSH's Friendship Center.

# 2000 March of Dimes Recap

East Mississippi State Hospital concluded its March of Dimes Campaign with Walk America on April 29 at Bonita Lakes. ESMH was represented at the event by Barbara Chaney, Ruby Hudson, Frances Jones, Kenneth Jones, Bob Smith and Lynn Garrett.

A grand total of \$2,535.00 was raised. ESMH received the prestigious "Battered Boot Award" for raising more than \$2,000.00. These funds were raised by several activities including mini-walk, golf tournament, parking space raffle, jail-a-thon, and baking sales.

## Results for all March of Dimes activities follow:

### Mini Walk

Unit raising the most money: Switchboard

Individual raising most money:

1st Place: Frances Jones, Switchboard

2nd Place: Sheila Newbaker, Adolescent Unit

Individual walking most laps:

1st Place: David Alexander, Adolescent Unit

2nd Place: Desseray Strickland, ADS

### Golf Tournament

1st Place: Lynn Garrett, Public Information; Bob Smith, Friendship Center; Jason Laird, Guest; Jay Albritton, Guest.

2nd Place: Marshall McKey, Community Services; Roxanne Gore, Guest; Al Willis, Guest; Benji Baskin, Guest.

3rd Place: Vanessa Duett, R.P. White 202; Benny Duett, Guest; Don Owens, Guests; Joe Mabry, Guest.

**Closest to Hole:** Don Owens, Jay Albritton

**Longest Drive:** Benji Baskin



**DR. RAMIRO MARTINEZ, ESMH DIRECTOR (RIGHT), IS HANDCUFFED BY (FROM LEFT) SECURITY OFFICERS, TIM ROBINSON AND JOHNNY BURGE DURING HIS ARREST. DR. MARTINEZ WAS INCARCERATED IN THE MARCH OF DIMES JAIL UNTIL HE RAISED HIS BAIL OF \$100.00**

### Parking Place Raffle Winners

May: Betty Moffett, Public Information

June: Reid Whittington, Pastoral Services

The jail-a-thon was the biggest money maker of all the fund-raising activities raising more than \$1,200.00 toward our campaign goal. A big thanks to the Maintenance Department workers for putting together the jail and for running a phone line and electrical lines. The March of Dimes Committee would also like to thank BellSouth Mobility for providing the cell phones for the jail-a-thon.

Many local businesses contributed to our success by donating items for prizes. We would like to especially recognize Friedman's Jewelry for the \$500.00 gift certificate that was given away for closest to the hole in the golf tournament.

Thanks for giving, baking, playing, walking and participating!



**DAVID ALEXANDER OF ADOLESCENT SERVICES, WINNER OF THE MARCH OF DIMES MINI-WALK AT ESMH, IS PICTURED FOLLOWING THE WALK. FOR HIS EFFORT, HE RECEIVED A DINNER FOR TWO DONATED BY A LOCAL RESTAURANT.**

### ESMH March of Dimes Committee

Lynn Garrett, Chair; Bob Smith, Co-Chair; Betty Moffett, Barbara Chaney, Myra Zachry, Shannon Griffin, Joe Moore and Kevin Walker

# PEOPLE & EVENTS



Dr. William Dudley, Staff Psychiatrist on Adult Psychiatric Receiving Service, looks over the large birthday cake presented to him on his seventy-plus birthday.



Director of Security, Rick Kiser is about to take Assistant Clinical Director, Luis Borrell off to the March of Dimes jail. Looking on is ESMH Director, Dr. Ramiro Martinez. Wonder who had him arrested??



Patrons of the ESMH Friends book fair browse through the large selection of books offered at the event.



Above: Recreation Department staff members prepare to hand out pizza at the annual pizza event sponsored by the ESMH Friends Organization for employees and patients during National Mental Health month.



Left: Nursing staff members pose for a photo while preparing for the cookout for all nursing staff during Nurses Week.

# at a glance

## JULY

- 18-19 Mandatory annual in service  
8 a.m. - 5 p.m.  
Recreation Building
- 19 PsychLINK
- 24 ESMH Friends Organization  
Leather Sale  
7 a.m. - 4 p.m.  
Recreation Building
- 26 PsychLINK

## AUGUST

- 9 PsychLINK
- 15-16 Mandatory annual  
in-service 8 a.m. - 5 p.m.  
Recreation Building
- 23 PsychLINK

## SEPTEMBER

- 6 PsychLINK
- 11-17 National Housekeeping  
Week
- 19-20 Mandatory annual in-  
service 8 a.m. - 5 p.m.  
Recreation Building
- 20 PsychLINK
- 25-26 ESMH Friends  
Organization Book Fair  
8 a.m. - 4 p.m.  
Staff Development Class  
Room



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